

What are Venous Disorders : DVT, Varicose veins, Spider Veins, Embolism, Venous Stasis Ulcers, Incompetent Venous Valves, etc. etc, are few common names of Venous problems which arise due to improper functioning of Veins (blood vessels which carry blood from body to the heart). In Leg Veins, blood flows against gravity. Venous valves supported by Calf Muscles are present in calf veins to prevent backflow of blood. This mechanism is called "CALF MUSCLE PUMP SYSTEM". In bed ridden cases, calf muscle pump is inactive. For various such reasons, when calf muscle pump is unable to push sufficient blood to the heart, impure deoxygenated blood gets accumulated in legs. Further complications can be easily prevented with proper medical advice & care. If proper medical advice is ignored, over a period of time swelling occurs followed by pain and ulcer formation.. The complications may lead to embolism, venous ulcers, gangrene (amputation) & other life threatening conditions.



What is Lymphedema: Lymphedema, also known as lymphatic obstruction, is a condition of localized fluid retention and tissue swelling caused by a compromised lymphatic system, which normally returns interstitial fluid to the thoracic duct and then the bloodstream.

What is Compression Therapy: Compression therapy is non invasive medical procedure in which external pressure is applied to the skin and underlying tissue structure (organ) to promote normal flow of venous blood/ lymph in the body. Compression therapy is recognized as a gold standard of treatment for lymphedema, chronic venous insufficiency, and deep vein thrombosis.

What is Graduated Compression:

Graduated compression means the compression level decreases gradually from ankle towards calf & thigh muscles or from wrist towards arm and shoulder. Graduated compression in stockings & sleeves is achieved by circular knitting method

How Graduated Compression Therapy Works:

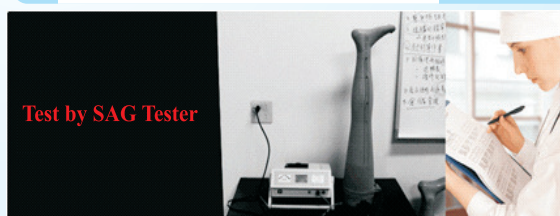
Graduated compression stockings and sleeves exert clinically recommended high pressure at extremity and relatively low pressure upward. This pressure gradient facilitates blood/lymph flow thereby reducing edema (swelling).

We use High Quality Fibers for circular knitting of YOLEG Stockings & Sleeves:

- Spandex (Lycra): High Elasticity material that retains its compressive strength for longer duration
- Polyamide: Provides strength & durability
- Microfiber: Absorbs sweat for quick evaporation

LATEX FREE, Hypoallergenic, Soft, durable & thin fabric

YOLEG Compression garments are made of high quality materials. Superior advanced technology circular knitting machines are used for making seamless graduated compression. Products are tested for graduated compression on SAG Tester. Stringent norms are followed to ensure high quality product.

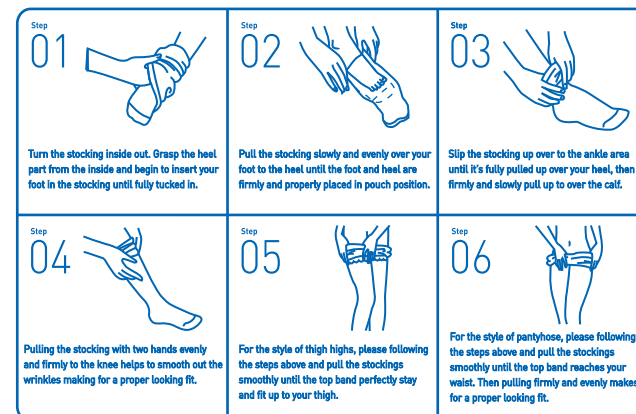


CIRCULAR KNITTING

Wearing Steps and Care Instructions

Use Rubber Gloves for easy and safe wearing

Donning and Doffing of Compression stockings



Tips for caring compression stockings

1. Compression stockings are easier to put on when you first get up out of bed, before any swelling occurs.
2. Please remember to remove any rings and jewelry that could damage your stockings when putting on.
3. It is advisable to use gloves in a rubber PVC vinyl material to help in applying the stockings on your legs.
4. Make sure your skin is completely dry before wearing compression stockings.
5. When applying void rolling or bunching up the fabric as this will create too much pressure in that specific area.
6. Applying a small amount of cornstarch or body powder on your legs will help the compression stockings to slide on your skin more smoothly and making for an easier and better fit.



Care Instructions



REMOVING, CARE & WASHING :

Always wear Shoes/Slipper/Socks over stockings while walking/standing (for protecting from sharp objects which may cause damage)

For REMOVING the stocking, just roll inside out by gently pulling down.

Always wear gloves, slip on wearing aid while wearing/removing. Protect from sharp objects/nails

Wash in liquid detergent. Soak for 30 minutes and the rinse thoroughly. Do not use brush. Rub gently with hands. No machine wash. Do not wring or twist squeeze for removing excess water.

Dry on Flat surface. Do not hang.

Dry in shade. Do not expose to direct sunlight for drying.

Do not iron

CLINICAL REFERENCES

- The application of external compression initiates a variety of complex physiological and biochemical effects involving the venous, arterial and lymphatic systems. Provided that the level of compression does not adversely affect arterial flow and the right application technique and materials are used, the effects of compression can be dramatic, reducing oedema and pain while promoting healing of ulcers caused by venous insufficiency. *EWMA Position Document. Understanding compression therapy. London: MEP Ltd, 2003*
- Graduated compression stockings, alone or used in conjunction with other prophylaxis modalities, prevent deep venous thrombosis in hospital patients. {Evid Based Nurs 2001;4:20 doi:10.1136/ebn.4.1.20} *An initiative of the International union of Phlebology (IUP)*
- Graded compression stockings are the cornerstone of CVI treatment, supplemented by further specialised procedures, the choice of which depends on the specific associated clinical features. {*BMJ best Practice*} *Your second opinion*
- As therapy may be lifelong, **patient compliance is of critical importance**. An estimated 30% to 65% of patients are non-compliant with compression therapy. Recurrence of VLUs in patients compliant with stocking use is half that in those who are non-compliant. Non-compliance with prescribed stockings is the primary cause of compression therapy failure. *BMJ, Best Practice, Chronic Venous Insufficiency*
- Sustained compression is necessary to prevent refilling. *EWMA Position Document. Understanding compression therapy. London: MEP Ltd, 2003.*

Ask for quality certification, and appropriate fabric contents

SKIN PREPARATION

Dry the skin after cleaning bathing and apply suitable moisturizer / coconut oil / barrier cream on dry areas. Remove sharp nails & hard callus.

Wipe out excess moisturizer/cream

HOW TO WEAR :

Cover Toes & Feet with soft slip on wearing aid provided with each pair.

Remove any ring or jewellery

Roll back stocking just upto heel

Pull through toes upto heel (without over stretching. Avoid nails, wear gloves). Gently rub with palm for removing wrinkles

Stretch your foot as shown and gently pull the stocking upto ankle (Pic 1)

Remove wrinkles on planter and foot by gently moving both hands over stocking. (Do not stretch with nails/fingers)

Make sure the heel design of stockings is fitting exactly at heel (Pic3)

Gently unroll stocking by pulling without forceful stretching.

Keep the Knee High Stockings below "TIBIAL TUBEROSITY" as shown (Pic4)

Do not pull knee high stockings above Tibial Tuberosity (roughly 5 cm below Patella)

Pull gently thigh high stocking upto thigh without overstretching (pic 5 & 6)

Do not fold or roll back. Make sure the stocking does not roll or slip back on its own. Move the knee and make sure that the stocking allows normal knee movements. Avoid Tourniquet effect.